

Sahana Mitra, PhD

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Educational Background

- **May 2017:** PhD in Social Sciences from Tata Institute of Social Sciences, Mumbai. Thesis topic: 'Parenthood through Adoption: An Indian Experience'.
- **April 2005:** Masters of Arts in Psychology from Delhi University with specialization in Human Development.
- **April 2003:** Bachelor of Arts in Psychology (Honors) from Jesus and Mary College, Delhi University with specialization in Counseling Psychology.

Post-doc experience

- **August 2017 – February 2019:** Research Officer for a project titled 'An audit of Irish Adoption Research and an Overview of Policy and Legislative Change from 1952-2017' , under Principal Investigator: Prof. Valerie O'Brien, School of Social Policy, Social Work and Social Justice, University College Dublin, Ireland.
- **April-May 2018:** Research Assistant for a project titled 'Supporting the participation of children in Care to enhance the experience of Access and Contact' , under Principal Investigator: Prof. Valerie O'Brien, School of Social Policy, Social Work and Social Justice, University College Dublin, Ireland.

Teaching Experience

- September 2019 – October 2020: Assistant Professor in Centre for General Studies in Royal University for Women, Bahrain. Taught several courses: Psychology, Sociology, Philosophy, Gender in Films, Research Methods.
- January 2019 – April 2019: Guest lecturer in Department of Psychology, Manav Rachna University, India. Taught sports psychology course (MSc in Applied Psychology).
- January 2019 – April 2019: Guest lecturer in Department of Human Development and Childhood Studies, Lady Irwin College, India. Taught the course on general psychology (B.A. Childhood Studies)
- December 2017- March 2018: Guest Lecturer in University of Mumbai. Subject: Media Studies (M.A in Media and Research Analytics).
- July-October 2016 & July-October 2017: Guest Lecturer in Human Resource Department, Rizvi Institute of Management Studies and Research, Mumbai. Subject: Organizational Psychology (Masters in Management Studies).
- August - October 2016: Guest Lecturer in Department of Psychology, University of Mumbai. Subject: Research Methodology for Psychology and Experiment Psychology Practical (M.A Psychology students). Taught in December 2013-March 2014.
- June 2015: Visiting Lecturer in Clanwilliam Institute of Family Therapy, Dublin, Ireland. Subject: Qualitative Research Methods (MSc in Systemic Psychotherapy).
- February-May 2015: Visiting Lecturer in School of Applied Social Science for Masters of Social Science (Social Work) in University College Dublin, Ireland. Subject: Counselling Social Work Skills and Child Welfare and Protection (course titled 'Social Work Counselling Skills and Methods and Theories of Human Behaviour').
- January-February 2013: Guest Lecturer in Department of Psychology, University of Mumbai. Subject: Parenting, Kinship and other specific issues in Evolutionary Psychology (M.A Psychology).

- January-May 2012 & November 2010-April 2011: Ad-hoc Assistant Professor in Department of Psychology, Delhi University. Subject: Physiology, Systems and Theories in Psychology, Psychological Testing and Experiments (B.A Psychology Honors) & Subject: Psychology for Living (B.A. Philosophy Honors).
- July-October 2011: Ad-hoc Assistant Professor in Department of Psychology, Jesus and Mary College, Delhi University. Subject: Research Methodology, Psychological Testing; Family Development (B.A Psychology Honors).
- September 2007-March 2008: Guest Lecturer in Department of Psychology, Delhi University. Subject: Social psychology, Industrial/organizational psychology, Research Methods, General psychology, Intelligence and Personality Testing, Experiment in Cognitive psychology (B.A. Psychology Honors). Also conducted workshop on Social Skills.
- August 2008-April 2009: Guest Lecturer in Orkids Institute for Higher Learning, New Delhi. Subject: Human Development and Educational Psychology (P.G. Diploma in Management of Learning Disability). The work also included maintenance of library and exam invigilation duties.
- July-September 2006: Guest Lecturer in Department of Psychology, Gargi College, Delhi University, New Delhi. Subject: Social psychology, Systems and Theories of psychology, Child psychology, Psychological testing and experiments, Research Methods (B.A. Psychology Honors).
- July 2005-March 2006: Ad-hoc Lecturer in Department of Psychology, Jesus and Mary College, Delhi University, New Delhi. Subject: Child psychology, Abnormal psychology, Testing and experiments, Cognitive psychology, General psychology, and Psychometrics (B.A Psychology Honors).

Other Courses Pursued

- **January-March 2015:** Completed the courses with credits on 'Researching Children Qualitatively' and 'Doctoral research' offered by Department of Education, University College Dublin, Ireland.
- **January-April 2015:** Completed the course with credits on 'Qualitative Research Methods' offered by Department of Sociology, University College Dublin, Ireland.
- **November-December 2011:** Completed Certificate Course on 'Sexuality and Counseling Skills' conducted by NGO 'Tarshi', New Delhi, India.
- **March 2008-2009:** One Year Certificate Course in 'Indian Psychology' from Indian Psychology Institute, Pondicherry, India.
- **June-December 2006:** Six months Certificate Course in 'Clinical Psychology in Schools' from MAX Healthcare Hospital, New Delhi, India.

Publications

Journals:

In Scopus

- **Mitra, S., Konantambigi, R., & Datta, V. (2019).** Adoption Sharing in Closed Adoption System: Experiences of Indian Adoptive Parents. *Indian Journal of Social Work*, 80(3), 359-378.
- **Mitra, S., Konantambigi, R., & Datta, V. (2018).** "A Literature Review of Non-family Domestic Adoptions in India: Lessons from Other Countries" in *Indian Journal of Social Work*, 79(4).
- **Mitra, S. (2014)** "The Square and Semi-Circle of Existence: An Experiential account of development of self-awareness" in *Psychological Studies*, Vol 59 (2), June, pp. 135-140.
- **Mitra, S., & O'Brien, V. (accepted).** "Navigating Methodological Concerns at the Data Collection Stage: Lessons from a Qualitative Irish Indian Adoption Study". In journal titled – Qualitative Report.

Others:

- **Mitra, S., & Bablani, D. (2019).** Narratives about Forgiveness across Indian Middle Aged and Older Adults. *InterViews: An Interdisciplinary Journal in Social Sciences*, 6(1), 39-63.
- O'Brien, V. and **Mitra, S. (2015)** "Search and Reunion in Adoption: The Aftermath of the Film 'Philomena' and an opportunity to Shape Change" in *The Irish Social Worker*, Spring, pp. 5-11.
- **Mitra, S. and Babu, N. (2009)** "The Child-rearing Attitude of Foster and Biological mothers: A Comparative Study" in *Indian Journal of Clinical Psychology*, Vol 36(1), 21-32.

Magazine:

- **Mitra, S. (2020).** "Helicopter Parenting" in LittleVillageCentre Newsletter (Jan issue), Bahrain
- **Mitra, S. (2020).** "Talking to children about illness" in LittleVillageCentre Newsletter (April, July & August issue), Bahrain.
- **Mitra, S. (2016).** "Talking about adoption" in *Teacherplus Magazine*, India (4 April, 2016). Available at: <http://www.teacherplus.org/last-word/talking-about-adoption>
- **Mitra, S. (2010).** "A Glass of Orange Juice" published in *PsyInsight*, August issue, Vol. 1(1), 64. A Magazine of International Association of Health, Research and Welfare. India

Papers submitted for publication

- Mitra, S., Konantambigi, R., & Datta, V. "Infertility, loss and adoption: An Indian experience". Submitted in journal titled – Adoption Quarterly.

Working Papers

- **Mitra, S., & O'Brien, V. (forthcoming).** A comparison of non-family domestic adoptions across India and Ireland.
- O'Brien, V. & **Mitra, S. (forthcoming).** Child Adoption Research in Ireland from 1952 to 2017.

Work in progress

- Dharuman, M., & **Mitra, S.** 'Usage of Social media among women in Bahrain'. Data collection and analysis stage. (Journal paper)
- Metcalfe, B., & **Mitra, S.** The influence of Globalization on family functioning, fertility rates, population changes and women entrepreneurship in Gulf States. (Book chapter)

Commissioned project:

- O'Brien, V., & **Mitra, S. (2018).** *Supporting the participation of Parents of Children in Care to enhance the experience of Access and Contact*. The work was funded by TUSLA (Child & Family Agency, Ireland in April-May 2018).
- O'Brien, V., & **Mitra, S. (2017).** *An Overview of Adoption in Ireland: 1952-2017*. An Audit Report - December 2017. The work was funded by Adoption Authority of Ireland in 2017.

Relevant Counseling Experience

- **June-December 2008:** Couple Counselor in National Commission for Women dealing with cases of domestic violence, couple counseling and child custody.
- **October 2006-August 2007:** Child Psychologist at College of Nursing, Delhi University, India. Dealt with intelligence, Aptitude and Personality testing of children and adolescents; diagnosis and remediation for children with Learning Disability, Autism, Hyperactivity, and Down syndrome; conducted play observations of young children.

Trainings and Workshops attended:

- Jan 9th Jan 2020: Participated in ‘*Unpacking Bibliometrics & Boosting Citations*’ workshop organized by Higher Education Commission, Bahrain.
- 21st May 2020: Attended online webinar on ‘*The Impact of COVID-19 on Online Child Sexual Exploitation Children*’ organized by ISPCAN (International Society for the Prevention of Child Abuse and Neglect).
- May 7th-8th 2015: Participated in two days training on ‘*Analyzing Qualitative Data*’ in Qualitative Research Summer School organized by Dublin City University, Ireland.
- April 1st-4th 2014: Participated in four days workshop on ‘*Creative Arts for Development: A skills workshop for Personal and Professional Effectiveness*’ conducted by Ms. Liz Kemp, artist from Scotland. Workshop organized by Tata Institute of Social Sciences, Mumbai, India.
- January 14th-16th 2013: Participated in three days workshop on ‘*Dance Movement Therapy*’ conducted by Ms. Sonali Chakravar of NGO Kolkata Samved and organized by Tata Institute of Social Sciences, Mumbai, India.

Paper/Poster presentations:

- Presented the paper titled, ‘*Infertility, Adoption & Loss: An Indian Experience*’ in International Conference on Adoption Research (ICAR6) in Montreal, Canada from July 8th-13th, 2018.
- Presented the Poster titled, ‘*Notion of Time across Indian and Irish Adoptive Parents: A Phenomenological Study*’ in International Conference on Adoption Research (ICAR6) in Montreal, Canada from July 8th-13th, 2018.
- Presented the paper titled, ‘*A Comparative analysis of forgiveness among Indian middle aged and older population*’ in National Conference on Positive Psychology held at University of Pondicherry, Chennai (India) in September 2012.
- Presented the paper titled, ‘*The Square and Semi-Circle of Existence*’ in a National Conference on Individual and Collective Transformation: Insights from Indian Psychology held in New Delhi, India from February 5th-7th, 2011.
- Presented the paper titled, ‘*Forgiveness: Pattern across age and gender*’ in International Conference on Positive Psychology being held at Amity University, Rajasthan (India) in August 2010. Abstract published in the “Book of Abstracts” of Amity Institute of Behavioural and Allied Sciences.
- Presented the paper titled, ‘*Greed: The Human Malfunction*’ in 33rd Indian Social Science Congress in Hyderabad (India) in March 2010. Abstract published in “Social Science Abstract” under the theme of “Our Planet in Crisis”, Vol. 33, 2009-2010.

Awards and Honors:

- **Year 2014-2015:** Received Erasmus Mundus fellowship from European Commission to research with University College Dublin, Ireland
- **Year 2013:** Received Young Researchers Grant from Tata Institute of Social Sciences, India for research and travel.
- **June 2005:** Awarded National Eligibility Test (NET) by University Grants Commission (UGC); eligibility for lectureship in Indian universities.
